

## Meditation – God’s Way

The world offers many types of meditation as we are encouraged to empty our minds. However, they are counterfeit and powerless compared to meditation God’s way. As a believer, you are instructed to fill your mind with and meditate on the things of God. When you are looking at growing in your walk with the Lord and connecting your entire being, meditation, God’s way, becomes a conduit to healing, growth, freedom, creative ideas, and most importantly, a relationship with Father, Son, and Holy Spirit.

What does the Bible say about meditation?

Blessed [fortunate, prosperous, and favored by God] is the man who does not walk in the counsel of the wicked [following their advice and example], Nor stand in the path of sinners, nor sit [down to rest] in the seat of scoffers (ridiculers). **2But his delight is in the law of the Lord, And on His law [His precepts and teachings] he [habitually] meditates day and night.** **3**And he will be like a tree *firmly* planted [and fed] by streams of water, which yields its fruit in its season; Its leaf does not wither; And in whatever he does, he prospers [and comes to maturity]. – Psalm 1:1-3 AMP

I will **meditate on your precepts and fix my eyes on your ways.** – Psalm 119:15 ESV

<sup>8</sup> Finally, <sup>[a]</sup>believers, whatever is true, whatever is honorable *and* worthy of respect, whatever is right *and* confirmed by God’s word, whatever is pure *and* wholesome, whatever is lovely *and* brings peace, whatever is admirable *and* of good repute; if there is any excellence, if there is anything worthy of praise, **think continually on these things [center your mind on them, and implant them in your heart].** – Philippians 4:8 AMP

Additional Scriptures: Psalm 19:14, Joshua 1:8, Psalm 49:3, 63:6, 104:34; 119:97, 143:5, Isaiah 26:3, Proverbs 4:20-22, Matthew 6:6 (to name a few)

Do not be afraid to have fun with this. It can be a quiet time pondering and repeating the Scripture. You can also put the Scripture to song and even dance as you sing. Display the Scripture around your home and repeat it whenever you see it. Spend time with this (we suggest 15 minutes three times daily for 30 days per Scripture). As you meditate on the Word of God, you are re-wiring your brain AND connecting your heart to His.



Scripture for Meditation:

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What God is showing me:

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Additional Resource: [Singing the Scripture by Julie Meyer](#)

